



Eat Well Play Hard in Child Care Settings (EWPHCCS)

Youth: Preschool/Ages 3-5 Years

Description: Eat Well Play Hard in Child Care Settings is an evidence-based program consisting of six to eight lessons designed to teach young children about healthy eating and the importance of regular physical activity.

Goal: To increase the number of fruits and vegetables young children eat, encourage intake of low-fat or fat-free dairy options, and increase the time they spend being physically active.

Program Highlights:

- Instruction by a trained nutrition professional
- Nutrition activities, food tastings, fun recipes for children, and take home materials for parents/caregivers
- Complementary lessons for adults
- Interactive, fun, and engaging

Topics:

- Creating healthy meal-time behaviors
- Varying fruit & vegetable intake
- Cooking with children
- Growing fruits and vegetables
- How to be physical active most days

For More Information contact your local Healthy Maine Partnership or contact Maine SNAP-Ed at 207-221-4560 or Mainesnap-ed@une.edu